

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

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KEEP VACCINE BETWEEN YOU AND FLU THIS SEASON

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Port St. Joe, Fla and Apalachicola, Fla — The Florida Department of Health in Gulf and Franklin Counties encourage all Floridians to keep vaccine between you and disease by getting a flu shot ahead of the 2017 flu season. Floridians should get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It has never been easier, and it's never too late to get your flu shot!

"Flu vaccines are available by appointment at all Gulf and Franklin health department locations," said Marsha Lindeman, Administrator of the Florida Department of Health in Gulf and Franklin Counties. "We encourage you to take this simple step to protect yourself and others from this potentially serious illness. Call today to schedule your appointment, in Apalachicola or Carrabelle: (850) 653-2111 and in Port St. Joe or Wewahitchka: (850) 227-1276."

The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season due to concerns regarding its effectiveness.

It is also essential to practice good hygiene by [properly and frequently washing your hands](#) to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

Each year, the DOH-Gulf and DOH-Franklin School Health Team partners with the School Districts to kick off a flu vaccination campaign. The campaign provides seasonal flu vaccinations to students and staff during regular school hours at each school location.

Florida Department of Health in Gulf County

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Florida Department of Health in Franklin County

139-12th Street • Apalachicola, Florida 32320
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FloridaHealth.gov



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Receiving your flu vaccination if you are healthy helps to prevent illness in our most vulnerable populations. People at higher risk for flu-related complications include children ages newborn to five, adults over the age of 65, pregnant women and people who have existing medical conditions such as asthma.

Check with your physician or use our [Flu Shot Locator](#) to schedule your flu vaccine. Visit FluFreeFlorida.com for more information on how you can be a part of #FluFreeFL.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.